



Facts About Crypto

- “**Crypto**” is short for cryptosporidiosis.
- Crypto is a **diarrheal disease** caused by very small germs called parasites.
- Swallowing **recreational water** that is polluted with crypto is a common way that crypto is spread. Recreational waters include: swimming pools, hot tubs, Jacuzzis, fountains, lakes, rivers, springs, ponds, or streams.
- Symptoms of crypto begin **2-10 days** (average is 7 days) after infection.
- The most common symptom of crypto is **watery diarrhea** that can last for two weeks or longer. Other symptoms include: dehydration, weight-loss, stomach cramps and pain, fever, nausea, and vomiting.
- Crypto can cause serious illness in **young children** or those with a weakened immune system.
- Crypto is very contagious. Always **wash your hands** with soap and water after using the toilet and changing diapers.

For More Information

Contact:

Utah Department of Health

Bureau of Epidemiology

801-538-6191

<http://health.utah.gov/epi/>

or

Your local health department

<http://www.ualhd.org/index.html>



UTAH DEPARTMENT OF
HEALTH

Healthy Swimming

Information about waterproof swim pants and swim diapers



Preventing the Spread of Cryptosporidiosis

Swim Diaper Fit

Proper Diaper Hygiene for Preventing Crypto in the Pool

State Pool Rule



Exposed Swim Diaper



Correctly Fitted

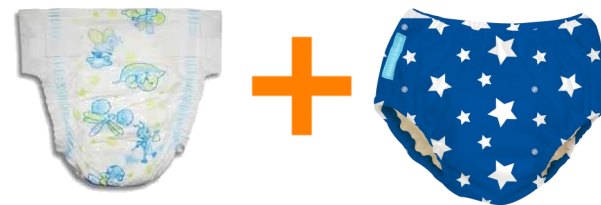


- **Do not** take your child swimming if he or she has diarrhea. A diaper (no matter how good) will not stop diarrhea from getting into the water.
- **Wait two weeks** after diarrhea has stopped to go swimming.
- While swimming, **check and change** your child's diaper often.
- Change diapers in the bathroom. **Do not** change diapers at the poolside.
- Wash your **child's bottom** with soap and water after a diaper change.
- Wash your **hands** with soap and water after changing a diaper.
- Make sure the waterproof swimwear **completely covers** the water resistant swim diaper worn underneath.
- Make sure the waterproof swimwear **fits snugly** around the child's waist and legs.

Waterproof Swimwear and Swim Diaper Requirements:

"Any child under three years old, any child not toilet trained, and anyone who lacks control of defecation shall wear a water resistant swim diaper and waterproof swimwear.

Swim diapers and waterproof swimwear shall have waist and leg openings fitted such that they are in contact with the waist and leg around the entire circumference."



Pool rule R392-302. Located at:
<https://rules.utah.gov/publicat/code/r392/r392-302.htm>